



GULF DEFENDER



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June 4, 2004

In brief

Change of command

Lt. Col. Norman Eckert will relinquish command of the 325th Communications Squadron to Lt. Col. Curtis Frost 10 a.m. today at the Officers' Club. All 325th Fighter Wing members, military and civilian, are invited to attend.

AFROTC briefing

There will be an Air Force ROTC briefing about Air Force commissioning programs 10 a.m. June 15 at the Education Center. Counselors will be available to answer questions. Appointments are also available noon to 4 p.m.

Hurricane briefings

In preparation for the hurricane season the 325th Civil Engineer Squadron Readiness Flight will conduct a hurricane preparedness briefing 9 a.m. Tuesday at the Enlisted Club. All base personnel and their dependents are invited to attend. For more information, contact the Readiness Flight at 283-2010.

Inside

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● Services Squadron preps for Eubank team ... **Page 9**

● Eagles swing for the fences ... **Page 13**



Tech Sgt. Dan Neely

Grim reminder

Lt. Joseph Tucker, Florida Highway Patrol, demonstrates the unit's Rollover Simulator device, which has just ejected its mannequin vehicle operator through the driver's-side window. The tumbling car cockpit showed observers how easily motorists not wearing seatbelts can be thrown from a vehicle involved in a rollover accident. The exhibit was one of many at the 325th Fighter Wing Safety Day event here May 28. For more photos, see Page 8.

Air Force officials approve force shaping Phase II

WASHINGTON (AFPN)

— As personnel officials review the last remaining applications for retirement or separation under the force-shaping program, a more extensive second phase of the plan has begun.

The new initiatives include expanded waivers for a number of programs including active-duty service commitments and transferring to the Guard or Reserve through the Palace Chase program. It also includes a few new ones, most notably the return of the career job reservation program. The CJR program limits reenlistments into the career force by constraining Air Force specialties for some first-term Airmen, officials said.

In addition, Phase II requires commanders to consider a number of quality-force factors when considering Airmen for retention.

Those include correctional custody, referral reports, unfavorable information files, Article 15 action, control roster restrictions, confinement, alcohol- or drug-related offenses, and financial irresponsibility or mismanagement.

Phase II widens the aperture on the Phase I initiatives, which netted almost 2,500 Airmen approved for retirement, separation or Palace Chase, said Maj. Gen. John Spiegel, director of personnel policy at the Pentagon.

"Phase II is the next step in our force-shaping program to move us closer to the authorized end strength of 359,700 while rebalancing the skills," he said.

"Phase I put us on a glide slope to reduce the size of the force without (worsening) manning shortages in the specialties," said Maj. Dawn Keasley, chief of retirement and separation policy at

the Pentagon. "Phase II increases that momentum."

The initial goal of force shaping was to have 16,600 Airmen leave the Air Force, 3,900 officers and 13,700 enlisted. Those numbers are projected to increase to almost 19,000 by Sept. 30, and to 24,000 by Sept. 30, 2005, because of record retention rates.

"Incredibly high retention and a slow recovering economy are the primary factors in the increase of personnel overages," said Col. Mike Hayden, chief of the military policy division at the Pentagon. "Retention rates in the Air Force are at their highest in a decade."

General Spiegel said Phase I of the program met its objective.

"Phase I did exactly what it was supposed to do," the general said. "It allowed us to assess the level of interest and recalibrate for Phase II. Our goal is to do this

drawdown as smartly while rebalancing the force and improving manning in stressed career fields."

Phase II of the program is designed to do just that. For example, Phase I required individuals to have a minimum of 24 months on active duty before applying to Palace Chase. Phase II dropped the minimum requirement to 12 months. This modification expands the opportunity to another part of the population that might be interested in serving in the Air National Guard or Air Force Reserve, Major Keasley said.

Further, the active-duty service commitment following a permanent change of station in Phase I could be waived up to 18 months. Phase II allows for a full waiver of the commitment, officials said.

Those colonels and lieutenant

● SEE INITIATIVE PAGE 15

Wing launches ‘101 Critical Days’ campaign

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

I want to begin this week by thanking all of you for your support during the wing’s “Safety Day.”

The event promoted safety awareness with a goal of eliminating the number of mishaps. We couldn’t have picked a nicer day to hold the event as the weather was perfect. Thanks go out to Lt. Col. William Routt, 325th Fighter Wing chief of safety, and his team of professionals for coordinating the day’s events and making the event a huge success.

I am pleased to say the Eagles wrestled the trophy away from the Chiefs and ended the annual Chiefs and Eagles softball game with a score of 18-13. The game was a lot of fun, and I want to thank both teams for their participation and sportsmanship. Safety is job one in all that we do and I want to see all of our folks make it through the summer safely. That said, be mindful about operational and personal risk management both on the job and during leisure activities, as each and every person is critical to our mission success.

Team Tyndall is filled with many talented folks, and I want to take a moment to rec-

ognize someone who was recently recognized at the Air Force level for demonstrating one of our core values – excellence in all we do. Staff Sgt. Kelsi Basom, 325th Medical Group Internal Medicine Element medical service journeyman, earned distinction recently by winning the Brig. Gen. Sarah P. Wells Outstanding Airman of the Year award. Sergeant Basom is extremely skilled in her field and is credited with teaching others various critical medical procedures, revamping several of the 325th Medical Group’s procedures to increase efficiency and recouping more than \$260,000 in insurance reimbursements. Additionally, she quickly responded to a trauma situation and initiated emergency procedures ultimately saving a patient’s life.

Congratulations Kelsi, on your outstanding accomplishment.



For more on Sergeant Basom’s award, see the story on Page 7.

I also want to recognize another member of Team Tyndall who recently demonstrated excellence. Tech. Sgt. Derrick Lang, a 325th Communications Squadron Meteorological Navigation Systems maintenance craftsman, recently earned distinction by being named a distinguished graduate of the Tyndall NCO Academy. Congratulations, Derrick, on a job well done!

Finally, I want to welcome the Air Force Eubank Team, which arrives tomorrow.

During the next several days, the team will look closely at all of the 325th Services Squadron’s programs and evaluate their effectiveness against programs from other bases. They will validate what I already know to be true, we have the best Services

program in the Air Force. The Services Squadron implemented a number of programs and initiatives to enhance the quality of life of Team Tyndall people. From the clubs to the many programs offered throughout the base year round, Lt. Col. Greg Parsons and his dedicated team of services folks definitely make Tyndall a better place to live and work. The squadron and many of its folks have been recognized for their efforts throughout the command, and I have no doubt the team will fare well at the Air Force level.

Recently, the squadron captured five Air Education and Training Command Eubank titles for its Information, Tickets and Travel program; Fitness and Sports program; Marketing program; Outdoor Recreation program; and Readiness program. I’m confident the Eubank team will be impressed with everything the Services Squadron has done and will leave Tyndall knowing the squadron’s professionals are going above and beyond each and every day. Best of luck to all in the Services Squadron, and thank you for all you do for Team Tyndall. For more on services, see Page 9.

Have a great, safe weekend and I’ll see all of you next week.

“Safety is job one in all that we do and I want to see all of our folks make it through the summer safely.”

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you’re not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General’s Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

Attitude — you own it, control it

LT. COL. NAOMI LAWLESS
27th Medical Operations Squadron

CANNON AIR FORCE BASE, N.M. — Each of us has something that no one can control or take away from us: our attitude.

Our attitude is the soul of our being. It can change how we look at ourselves, how we look at our environment, how we act and how others perceive us. Attitude can affect our health, our goals, and how we deal with successes and failures.

Attitude is the difference between just existing in life, passing

one day at time, or delighting in life, savoring every moment. Why do most of us neglect to develop this life-changing tool?

You hear it every day from at least one person: “I hate my job;” “There is nothing to do here;” and “I can’t wait until I’m out of here.”

Do the people who say these things seem happy? Do you enjoy working alongside them? Are they successful and fulfilled?

You own your attitude, so you can control it. The first step is to

● SEE ATTITUDE PAGE 10

325th Fighter Wing public affairs: 2003 Best in Air Force - Large Wing

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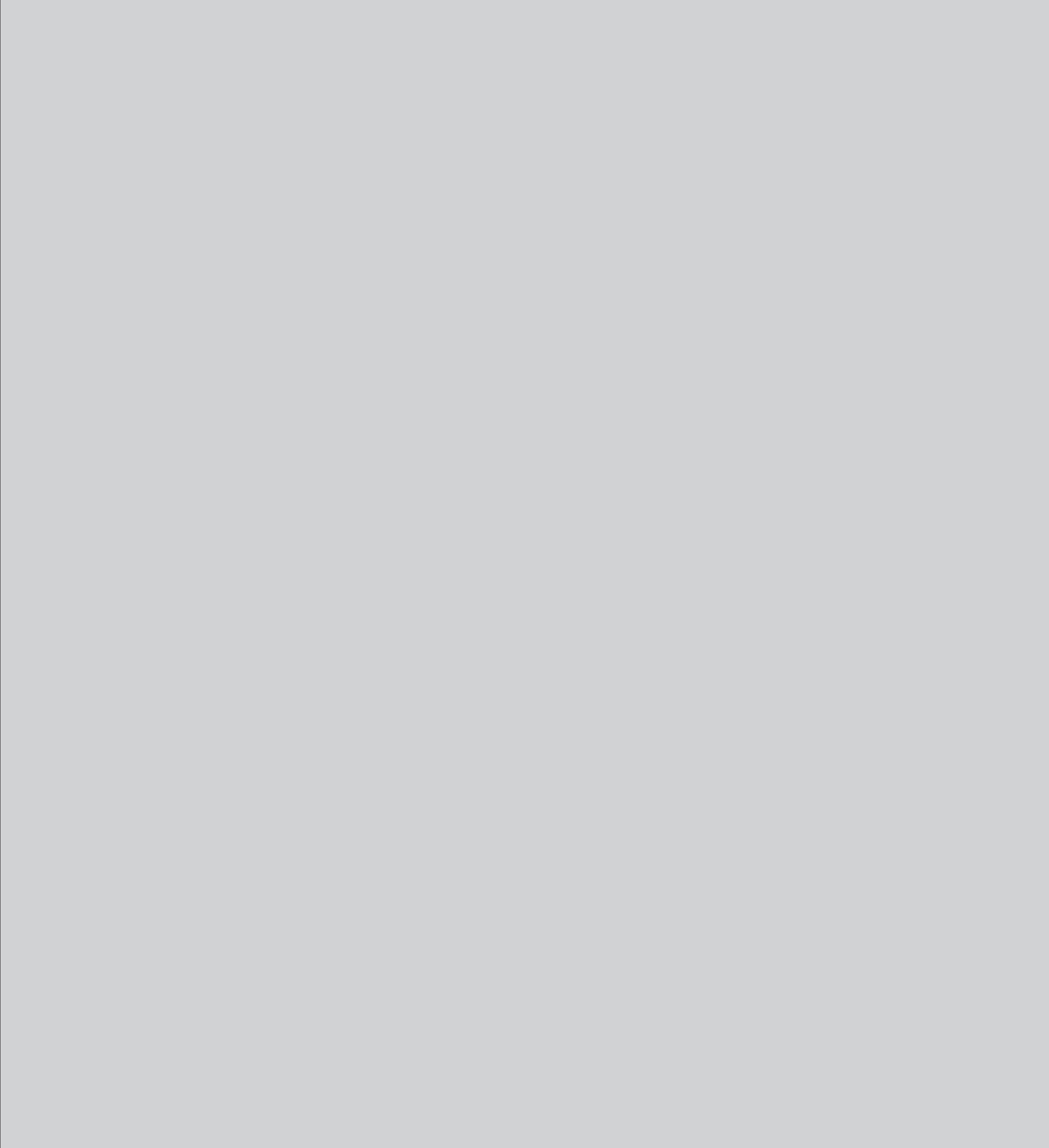
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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PA, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

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Commander releases safety video

MASTER SGT.
MICHAEL BRIGGS
AETC public affairs

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — The commander of Air Education and Training Command addresses accidental and suicide deaths in a recent video message.

The four-minute video from Gen. Don Cook is mandatory viewing for all members of the command.

The commander’s message is the latest initiative of the Operation Safe Summer campaign launched by AETC in April. As part of the program, unit commanders have also held half-day safety programs prior to the end of May.

The goal of the program

is to have a fatality-free summer during the period between Memorial Day and Labor Day when the Air Force historically sees a rise in accidental injuries and deaths among its members.

The safety and suicide prevention messages are even more critical this spring, as deaths in both categories have increased dramatically over past averages.

“We are only about halfway through the year, but 2004 has already been a tragic year for fatal accidents in AETC,” General Cook said in his message. “One accidental death is one too many, and this year alone we have had to console the families and friends of 11 of our teammates who have perished in fatal accidents.

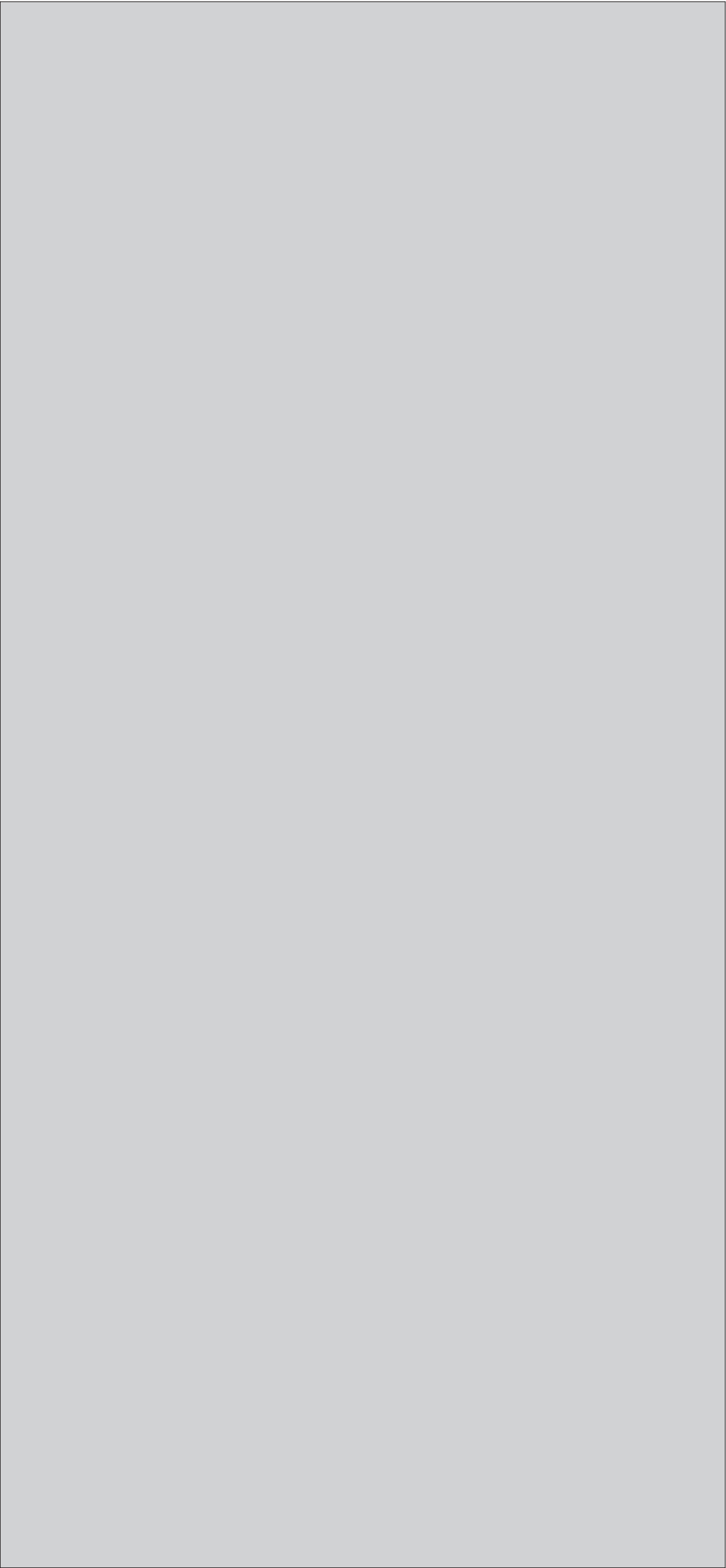
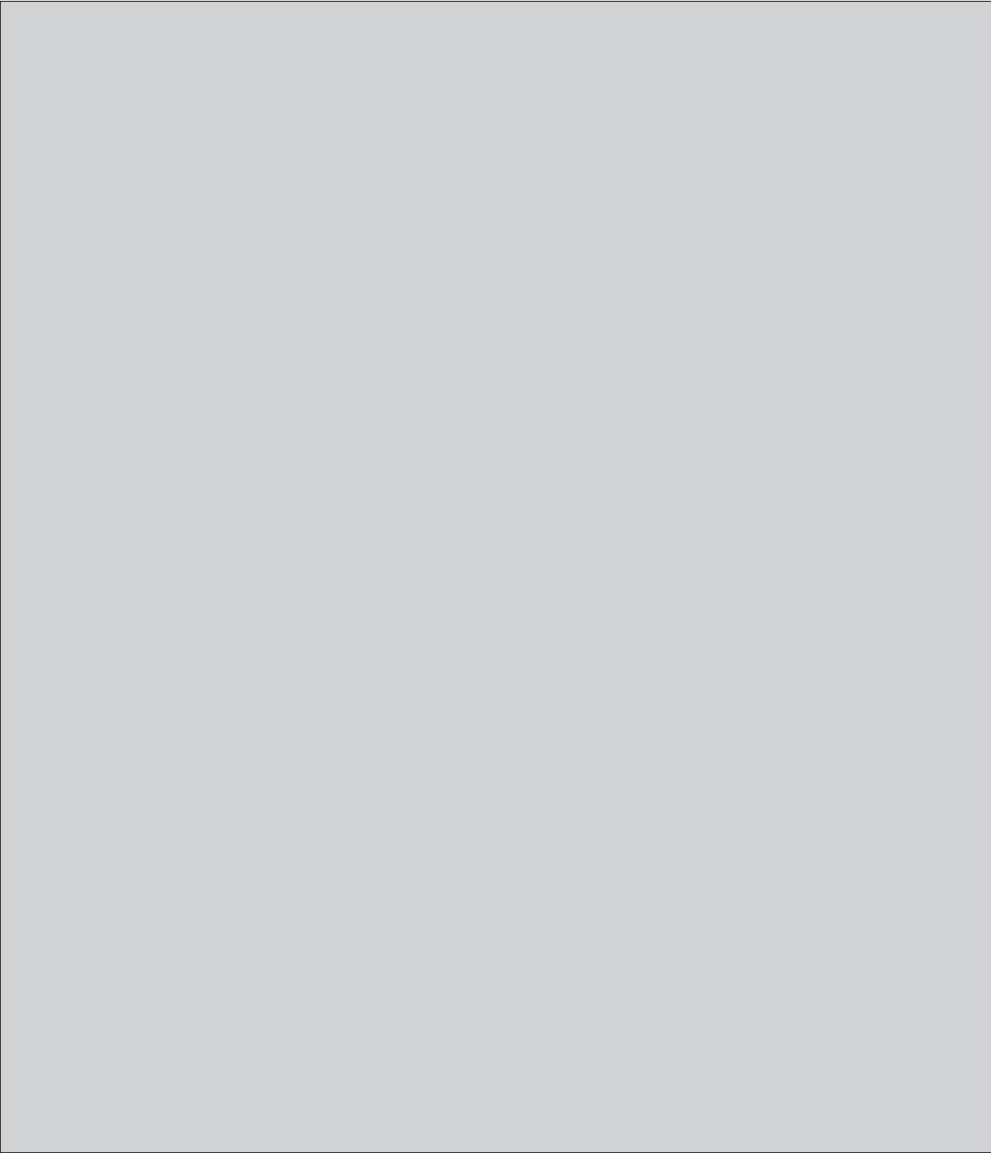
Two died in aircraft accidents and nine died in motor vehicle accidents.

“We must halt this deadly trend, and the first step is to commit ourselves to a fatality-free 101 Critical Days of Summer.”

The commander urges the members of the command to take care of each other during on- and off-duty activities. That message is critical in the prevention of suicides, he said.

“Taking care of each other is also about suicide prevention,” General Cook said. “Very much like the disturbing trend in accidental deaths, our command and the Air Force have seen a significant spike in the num-

● SEE SAFETY PAGE 15



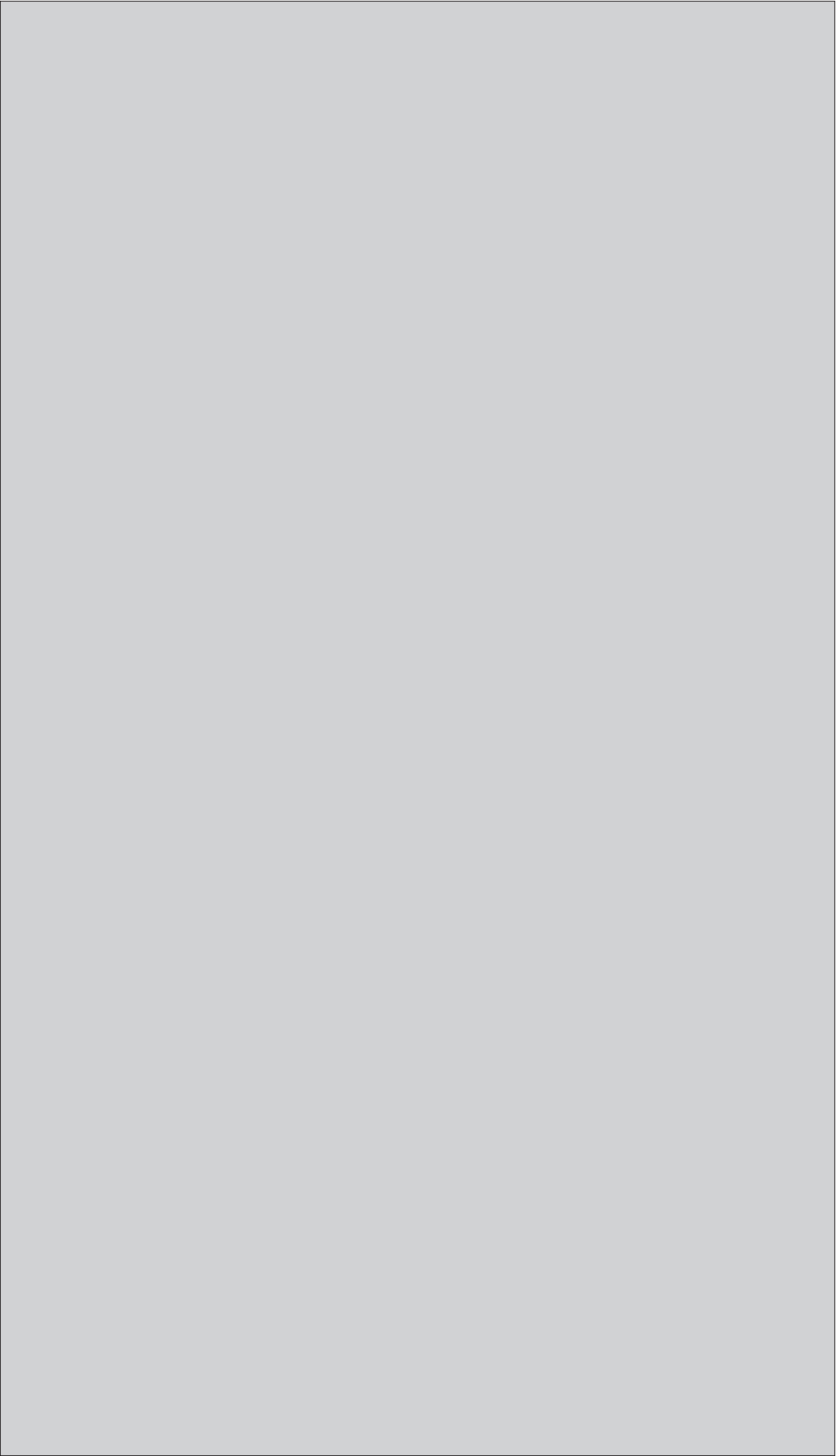
ANONYMOUS. DEPENDABLE. FREE RIDE.

a.a.d.d.

FRIDAY & SATURDAY 5:00PM - 5:00AM

AIRMAN AGAINST DRUNK DRIVING

867-AADD(2233)



AETC revises mission, vision statements

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — The commander of Air Education and Training Command approved a revised mission and vision statement May 25.

In his announcement, Gen. Don Cook said the new wording incorporates the expeditionary nature of today’s operations in AETC and the Air Force.

“Whether we are deployed or in garrison in the schoolhouse, we should be thinking and teaching with an expeditionary mindset,” the commander said.

The revised statements now include the wording “expeditionary minded” to convey that focus.

The word “Airmen” has also been capitalized in accordance with Air Force chief

of staff policy announced earlier this year.

Mission statement: The First Command ... Recruiting, training, and educating professional, expeditionary minded Airmen to sustain the combat capability of America’s Air Force.

Vision statement: Professionals integrating innovation and technology to recruit, train, and educate tomorrow’s expeditionary minded air and space leaders.

The changes to the mission and vision statement are the result of the command’s development of a 2005-2006 strategic plan, said officials in the AETC

Directorate of Plans and Programs here.

Organizations in the command should change documents and presentations as necessary, officials said.



New AETC Mission statement:

The First Command ... Recruiting, training, and educating professional, expeditionary minded Airmen to sustain the combat capability of America’s Air Force.



Help Us Conserve

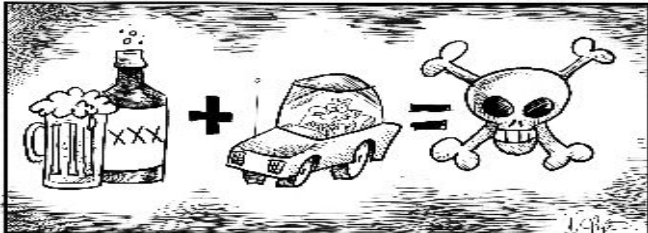


YOU HAVE the POWER



Checkertail Salute

Capt. Kelly Gervera



Lisa Norman

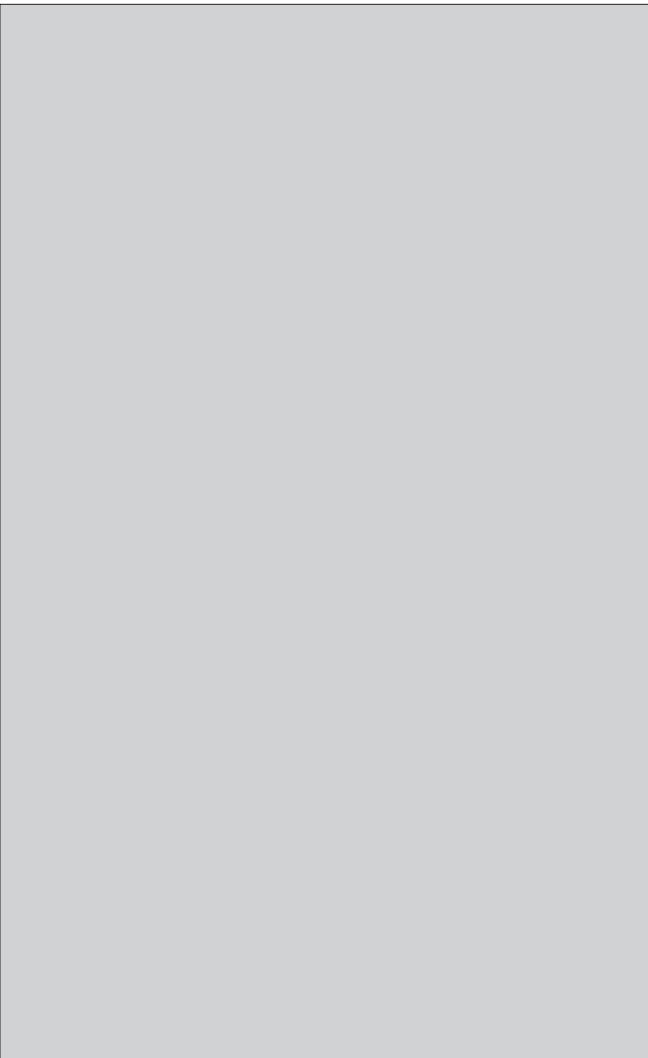
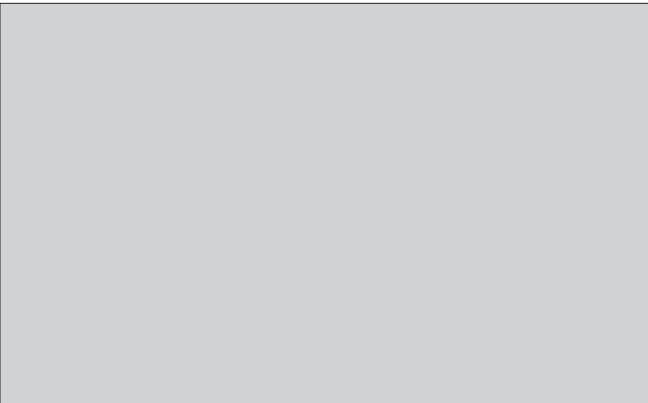
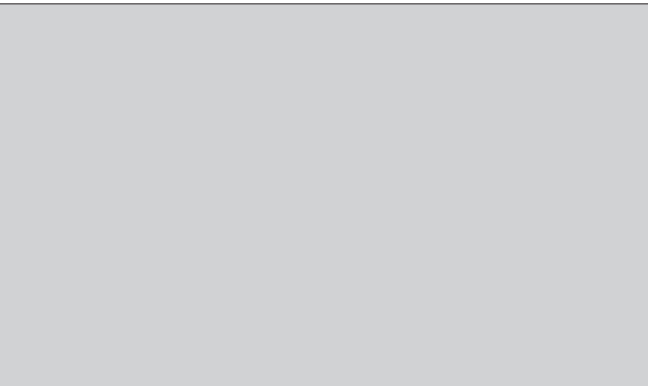
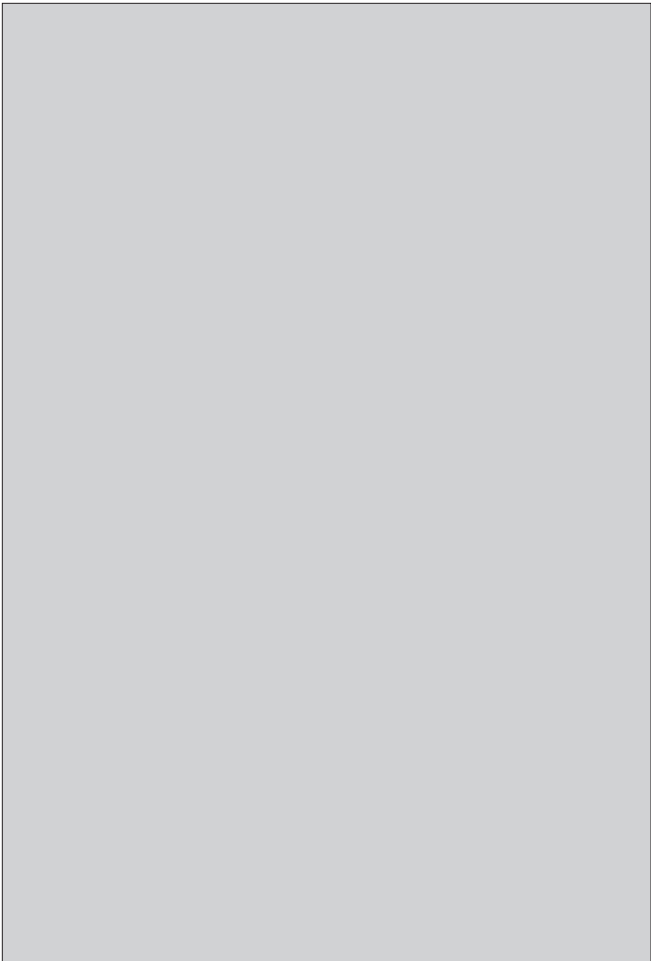
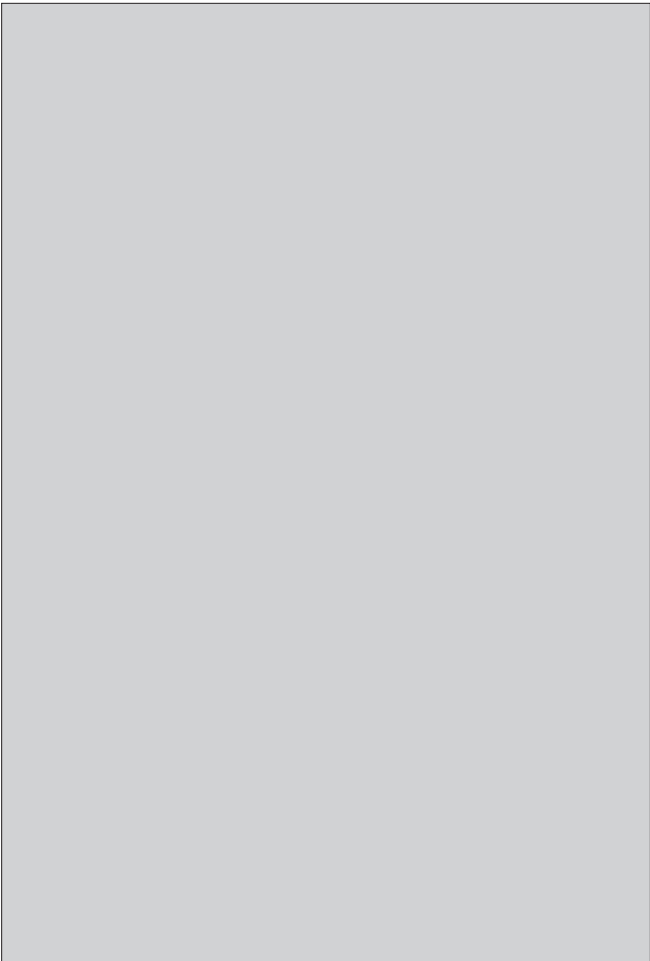
Captain Gervera receives the Checkertail Salute Warrior of the Week award from Col. Doug Cochran, 325th Fighter Wing vice commander.

The Checkertail Clan salutes Captain Gervera, who is the 325th Medical Group's diabetes metric champion. She has coordinated medical and nursing treatment for more than 750 diabetic patients. She also worked with the Air Force Medical Service Population Health Division to improve the accuracy of disease reporting.

Additionally, she oversees 1,500 patients.

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

- Duty title:** Primary care element nurse
- Time on station:** Three years
- Time in service:** Six years
- Hometown:** Watertown, N.Y.
- Hobbies:** Flea markets
- Goals:** Finish my master's degree
- Pet peeves:** When people don't use turn signals
- Favorite movie:** The Passion of the Christ
- Favorite book:** The Bible
- Favorite thing about Tyndall:** That it is a small base with a community type atmosphere
- Proudest moment in the military:** Receiving my commission



Medic takes top Air Force award

SENIOR MASTER SGT.
ROB FULLER

325th Fighter Wing public affairs

An Air Force-level award is “just what the doctor ordered” for a medical technician in the 325th Medical Operations Squadron, who recently won distinction as best in her field throughout the service.

Staff Sgt. Kelsi Basom, an aerospace medical service journeyman and assistant NCO in charge of the internal medicine clinic, is the Air Force’s 2003 Brig. Gen. Sarah P. Wells Award winner in the Airman category.

2003 was a banner year for Sergeant Basom, as she earned “best seen in command” while performing as a Field Response Team Medic during the Air Education and Training Command’s Operational Readiness Inspection mass casualty exercise here in July 2003. She

also received recognition as Team Tyndall’s Airman of the Quarter in the third quarter.

“It’s great to see the Air Force recognize what we at Tyndall already know, that Staff Sergeant Basom is Team Tyndall’s and the Air Force’s number one aerospace medical service journeyman,” said Lt. Col. Charles Carlton, 325th Medical Operations Squadron commander. “Her unwavering integrity, sense of service above self, and commitment to excellence is what sets her apart from her peers and makes her a leader within the Air Force Medical Service.”

Sergeant Basom’s other achievements included managing the private insurance reimbursements program, adding more than \$260,000 to the Medical Group’s operations funding to enhance patient care. She also



Staff Sgt. Kelsi Basom, a 325th Medical Operations Squadron medical technician, checks the blood pressure of a Tyndall Clinic patient.

● SEE BASOM PAGE 15

A day in the park: Wing hosts annual 'Safety Day' to remind members what truly matters



Photos by Tech Sgt. Dan Neely

Above: Xavieree Coleman, daughter of Master Sgt. Emery Coleman, 325th Aircraft Maintenance Squadron weapons section chief, gets fingerprinted by a Bay County Sheriff's Office employee as part of the Children's Identification Program.

Right: Airmen play volleyball during the picnic.



Brig. Gen. Larry New, 325th Fighter Wing commander, briefs attendees on safety issues during 'Safety Day' May 28. During the half-day picnic, Team Tyndall members also got the chance to visit various exhibits to witness first-hand some of the safety lessons to be learned.



William McCrory, 18 months, see-saws during safety day with the help of his dad, Tech. Sgt. Stephen McCrory, 325th Operations Support Squadron.

A Gulf Power representative touches a plastic toy to a wire containing 10,000 volts of electricity.

The resulting arc (bottom) demonstrates what can happen when people come in contact with high voltage.



Services Squadron takes recognition to next level

After winning the AETC Eubank Award, Services now strives for "Best in Air Force" honors



STEVE RIDDLE

325th Services Squadron publicist

For the second year in a row, the 325th Services Squadron will compete for the honor of best Services squadron in the Air Force.

A three-person team from the Air Force Services Agency in San Antonio will arrive here Saturday and begin a three-day evaluation Monday morning of Services Squadron programs and customer service. At stake is the 2004 Major General Eugene L. Eubank Services Award, created in 1990 by the Daedalian Foundation to recognize excellence in services squadrons at small installations.

The 325th SVS received the Air Education and Training Command's nomination to represent it in competing for the Eubank trophy after a team of AETC evaluators visited Tyndall, along with the other AETC bases, earlier this year.

"It's definitely an honor to represent AETC in competition for this prestigious award," said Col. Martin Sayles, 325th Mission Support Group commander. "We're proud the Eubank team will experience first-hand the excitement, dedication to duty, and commitment to excellence by our services professionals day-in and day-out."

Along with great customer service, the AETC evaluators said they were impressed by the huge variety of activities the squadron offers. The amount and types of programs offered by a base makes up 30 percent of the Eubank final evaluation score.

"Tyndall was clearly superior in the programming area," said Maj. Mark Tharp, chief of the AETC Eubank evaluation team that visited Tyndall in early March. "They easily outshined the competition in both the quality and quantity of programs offered."

Along with program content, evaluators also judge how well the programs are planned, how many people participate, and what steps are taken to increase participation. Ac-

cording to 325th SVS Commander Lt. Col. Greg Parsons, work is continuously being done to improve what Services offers to the base population.

"We have facility managers that grew their programs last year, making them that much better," Colonel Parsons explained. "We're constantly improving our programs, using after action reports to make them better every year."

Colonel Parsons also said customer feedback is relied on heavily to guide the directions programs go. Collecting feedback and effectively using it is part of the customer focus criteria that makes up 35 percent of a base's Eubank score.

"We are willing and able to listen to customer's ideas for improvement," Colonel Parsons said. "We're always on the lookout for the latest, greatest fad to add to our programs." Some programs that came from direct customer feedback are the Paintball Fields, Skateboard Park and new programs at the Enlisted Club.

"Customer focus is a big part of what we look at," Major Tharp explained. "We see if the programs are focused on customer feedback, and we look to see if employees are motivated about their facility's programs." Along with these aspects, employee training and contribution to programs, as well as cross marketing, is also evaluated.

Major Tharp said there were several facilities that stood out by offering unique programs not found on other bases.

"The Outdoor Recreation Office at Bonita Bay offered so many water sports programs, something the other bases just didn't have," he explained.

"The Aero Club was just amazing, with a 25-year perfect safety record and increased membership. The FamCamp, with its clubhouse, activities and programs, showed that it wasn't just a place to park campers. They have an entire little community there."

The Business Flight of the Services Squadron also caught the attention of the AETC evaluation team. Along with giving high praise to Pelican Point Golf Course, Beacon Beach Marina and Raptor Lanes Bowling Center, Maj. Tharp said both the Enlisted and Officers' Clubs showed solid numbers with increased membership and revenue. According to Business Flight Chief Jerry LaFrance, customer feedback played an important part in those improvements.

"We go in with the attitude that no matter how outside the box a program may appear on the surface, we'll give 110 percent of our effort to make it a viable program for Tyndall," explained Mr. LaFrance. "The great inputs we've received from our Officer and Enlisted Club Advisory Committees have gone a long way in establishing programs we now offer."

Major Tharp said his team was also impressed with the Tyndall Youth Center and the variety of programs offered there. The youth center is the only stateside youth facility

that offers the Five Star Start Smart Sports Program, which teaches basic sports skills to children 3 – 5 years old. The youth center also has sports leagues for older children that give them a chance to develop both physical and emotional skills that will help them throughout their lives.

"We have these programs in order to help start children, and their parents in the right direction in developing their sports skills," explained Sandra Lockwood, Family Member Programs Flight chief. "We know that not all of these children are going to grow up to be professional athletes, but we hope to see them develop a lifelong interest in sports."

Major Tharp said the Honor Guard and Readiness facilities also made a favorable image with the team.

"We were also impressed with the military aspects of the squadron," Maj. Tharp stated. "The Honor Guard absolutely stood out – we didn't see anything else like that facility anywhere, and the Readiness Program with the ops tempo they maintained and how they supported the mission was just amazing; and that's very important, because in the end, we are a military organization."

Maj. Tharp said all this and much more helped Tyndall receive the AETC victory, but the squadron is no stranger to winning. In May, the squadron learned five facilities had won AETC Program of the Year honors. Outdoor Recreation and the Tyndall Fitness Center received the award for the first time. The Marketing Office and Readiness section, along with Information, Tickets and Tours, won for the second

year in a row, and Readiness also won the Air Force Readiness Program of the Year award last year.

According to Colonel Parsons, these awards, along with the fact that the squadron is now competing for the Eubank award for the second year running, indicate the quality of service provided by the squadron to the base population.

"It's definitely an honor to represent AETC in competition for this prestigious award. We're proud the Eubank team will experience first-hand the excitement, dedication to duty, and commitment to excellence by our services professionals day-in and day-out."

COL. MARTIN SAYLES

325th Mission Support Group commander

"This recognition means the level of service is top notch, and our concentration is focused on keeping things at that level of sustained, superior performance," he said.

But whether or not the squadron wins this year's award, the real winners are the airmen of the base, according to Colonel Sayles.

He added that although leadership from facility managers, flight chiefs and command staff played an important role in getting the squadron where it is today, it was the hard work and dedication by every employee that helped earn the AETC nomination, and will play a big part in the upcoming Eubank competition.

"The can-do attitude, unit cohesion and superb customer service definitely were key to making the 325th Services Squadron a winning team," Colonel Sayles said. "These attributes were what made us best in the AETC, and we're confident they will carry us far into the Air Force-level competition."

Respecting property: Stopping vandalism, littering crucial to Tyndall's natural resources



Photos by Jim Weslowski

Trash found on U.S. Highway 98 passing through the base.

JIM WESLOWSKI
325th Fighter Wing public affairs

Vandalism, littering and destruction of sand dunes are words most people do not associate with Tyndall and the base's 29,000 acres. In recent months these crimes – along with others – have been occurring in this area where people and nature have learned to thrive side-by-side for decades.

"There are always those people who do not respect the property of others," said Joe Maples, 325th Civil Engineer Squadron law enforcement officer. "But, the amount and degree of the littering I'm seeing around the base in recent months is troublesome."

A ride around the base can show a person how much damage has been done. For example, a Natural Resources Flight worker recently reported finding a hunting arrow on the golf course.

"Killing deer out of season or in restricted areas is a serious problem. Each year we arrest violators in the golfing area and on U.S. Highway 98," said Mr. Maples.

With the onset of sea turtle nesting season, the Natural Resources Flight staff has increased their beach patrols.

"We monitor the beaches throughout the year," said Mr. Maples. "But, when it is critical that we locate and

protect turtle nests we are out there daily. We are also finding people disobeying state and federal laws by allowing their dogs on the beach. With our increased patrols we are finding tire tracks of vehicles driving on the beaches and destroying sea oats and sand dunes."

There is trash and litter found around many of the base's remote areas. Found garbage is not just a candy wrapper or two. Household waste, bottles, furniture, aluminum cans, yard trash and fast food containers were found.

"There is another costly problem on-going in the Felix Lake area. Someone is shooting signs with pellet guns," said Mr. Maples. "I've found about six signs so far with pellet damage, and replacement cost is around \$400 each for the larger signs."

Vandalism and littering can get out of hand if not monitored and reported.

"Tyndall has a stellar environmental record," said Col. Doug Cochran, 325th Fighter Wing vice commander. "It is imperative we do all we can to be good stewards of the 29,000 acres entrusted to our care."

People with knowledge of destruction to Tyndall's natural resources can call 283-2641.



Dogs are not allowed on any of Tyndall's beaches due to the amount of protected natural resources, such as sea oats, sand dunes and sea turtle nests.

● **FROM ATTITUDE PAGE 2**
acknowledge that you can take charge of your attitude. Second, determine what your attitude is now. If you could be a fly on the wall and overhear a conversation by people describing your attitude, what would they say? How has your attitude made a difference lately, good or bad?

If the result of this reflection leads to a plan to make changes, perhaps the following tips will help. Read some books on attitude. "The Power of Positive Thinking," by Norman Vincent Peale and "Attitude is Everything," by Keith Harrell, are my favorites.

Here are some pearls of wisdom from these authors. Program your attitude with positive internal dialogue. Remember what they say in the computer world, "garbage in, garbage out." Change your perspective. The grass is not always greener on the other side.

Not knowing what your purpose in life is can lead to a negative attitude, and while being in the Air Force or associated with the Air Force may not be your ultimate goal, for the time, you can focus today on your purpose in defending the constitution of the United States.

Owning your attitude is easier said than done. After all, we are just human and we get buffeted daily with events that can bring us down. Some tips to staying motivated are rest, exercise and diet. Set aside time for yourself and with your family and that new set of positive friends you have.

Reflect on your specialness. What have you done that was recognized? What is it that you do well?

Finally, feed your spirit daily with motivational tapes and books. Publisher, psychologist and author of motivational books J. Martin Kohe once said, "The greatest power that a person possesses is the power to choose."

You own your attitude. Choose to make it work for you, not against you.

Summer safety tips: How to protect children from heat, sun

This week marks the unofficial beginning of summer, and kids all across the country are pouring out of school and into the great outdoors. But, there is a dark side to the sun's pleasures, and the sobering truth is that children are six times more sensitive to the sun's rays than their parents. Regular use of sunblock with an SPF of 15 or higher during the first 18 years of life can lower the risk of certain types of skin cancers by up to 78 percent.

The following tips can help keep your children safe this summer:

1. Teach children to put on sunscreen as part of their daily routine.

2. Most of the sun's rays pass through clouds on overcast days, so it is still important to use sun protection.

3. It takes up to 30 minutes for the

chemicals in sunscreen to start working, so make sure children have sunscreen on before they go outside.

4. Try to keep children out of the sun between 10 a.m. and 4 p.m. when the sun's rays are the strongest.

5. When choosing a sunscreen for your child, look for the words “broad-spectrum” on the label and make sure it’s SPF 15 or higher.

6. Choose a waterproof or water-resistant sunscreen and reapply every two hours if the child is playing in the water.

7. Make sure to cover all the exposed areas of your child's skin, especially the face, nose, ears, feet, and hands. And don't forget the backs of the knees and behind the ears.

8. While it's best to try to keep babies younger than six months out of the sun, you

can use a small amount of sunscreen on exposed areas of the body such as the face and the backs of the hands.

9. Special attention should be paid when children are playing near sand and water, since these surfaces can reflect up to 85 percent of the sun's damaging rays.

10. Choose tightly woven fabrics for your children's clothing—they block the sun's rays better than loosely woven fabrics.

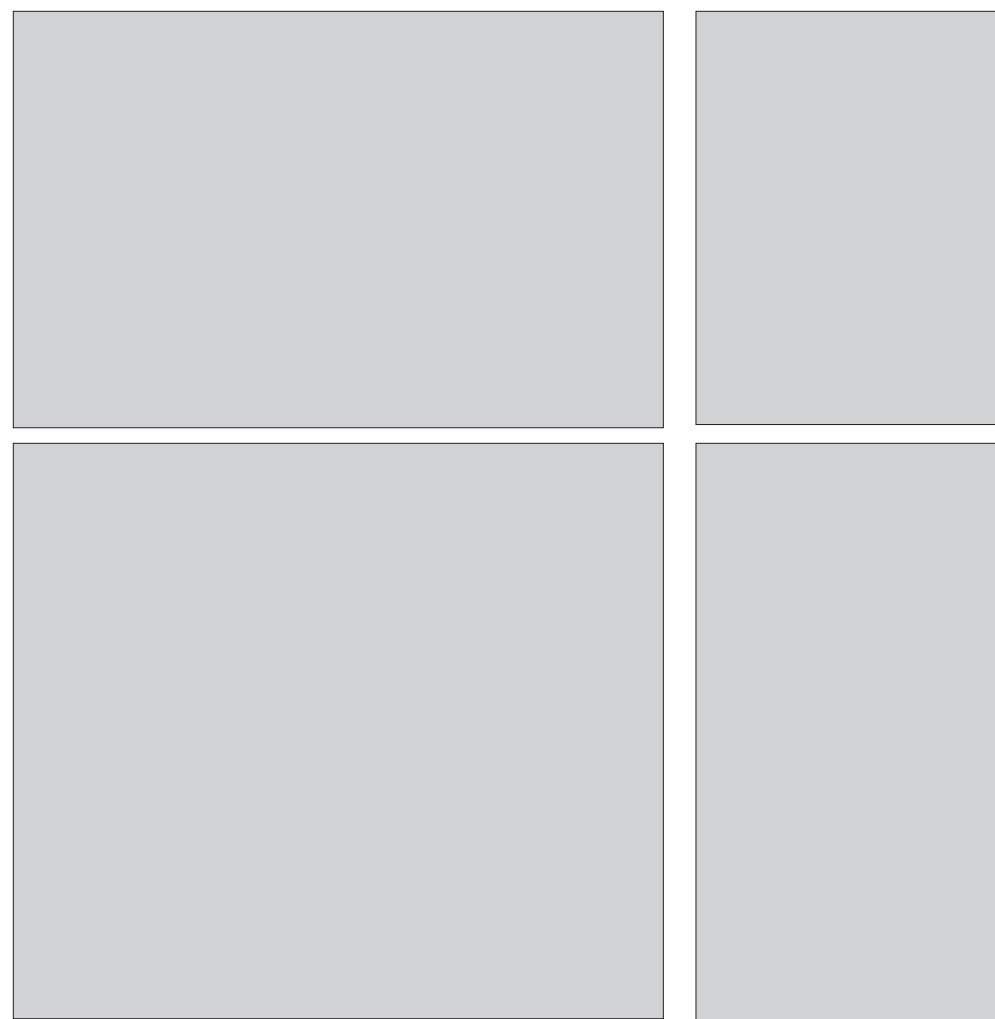
11. **Cars Get Hot:** Young children die every year from being left in a car in the hot sun. Even if you think you'll only be a second, take your child with you. And don't leave the car running with the air conditioning on, as it makes it an easy target for a car theft with your child in it. Never leave your child or a pet in a closed vehicle on a hot day. The temperature inside a car can rise to over 100 degrees in a

matter of minutes even if it is only 79 degrees outside.

(Courtesy of 325th Medical Group.)



**DON'T
DRINK AND DRIVE**



Events

Palace Chase information

The Air National Guard has part-time positions available throughout the country to military members separating or thinking about applying for Palace Chase.

Re-training is available, and members retain most of their benefits in addition to some state benefits such as 100 percent tuition assistance. For more information, contact Master Sgt. William Andujar at (850) 884-2729 or e-mail william.andujar@hurlburt.af.mil.

Weather Flight changes

Tyndall's Weather Flight no longer provides continued 24/7 weather support. The new hours mirror the airfield's operational hours, which are 6 a.m. to 10 p.m. weekdays, 9 a.m. to 5 p.m. weekends, and closed on authorized holidays. Also, the 28th Operational Weather Squadron at Shaw Air Force Base will provide continued "meteorological watch" over the base in the event of inclement or severe weather and coordinate actions via Tyndall's Command Post. Additionally, a member of the unit will always be on standby. All appropriate weather watches and warnings (tornado, severe thunderstorms, etc.) will continue to be monitored 24/7.

Virtual Education Center

The Air Force Virtual Education Center is the Air Force's premier site for providing information about your education benefits. The purpose of this site is to provide the student a user-friendly one-stop-shop for all higher education needs. Log on to afvec.langley.af.mil/afvec/ to view a Community College of the Air Force Progress Report, order/send CCAF transcripts through the AFVEC to any college/university, get college level exam program or defense activity for non-traditional education support subject standardized tests test scores, view other education centers, services and available on base schools, get information about commissioning programs such as officer training school, ROTC, Air Force Academy, Airman education and commissioning program, and officer PME such as Squadron Officer's School, Air Command and Staff College, and Air War College.

Stress classes

The Life Skills Support Center is offering the following two-session classes on

Wednesday July 14 and 22: "How to Beat Stress" from 10 a.m. to noon, "Depression and You" from 1 – 2 p.m., "Getting a Handle on My Anxiety" from 3:30 – 5:30 p.m. Classes are located in the Family Support Center classroom and are offered to everyone age 18 and over. Call 283-7511 to sign up.

Thrift Shop

A Summer clearance sale takes place all month at the Tyndall Thrift Shop. All donated items will be half price throughout June. The shop will be open 9 a.m. to noon Saturday. The shop will close for a summer break at close of business June 25 and reopens Aug. 18.

Consignments may be brought in every Wednesday and Thursday from 9:30-11:30 a.m. Twenty items may be consigned each day. Regular shopping hours are 9:30 a.m. to 12:30 p.m. Wednesday through Friday. The Thrift Shop is located at 743 Suwannee Dr. across from the post office. For more information, call 286-5888.

16-foot touring kayak package

Includes Scimitar kayak, performance

paddle and pump. \$550 or best offer. Call 874-9179.

Retiree News

Advance 'Space A' lodging improves

Reservations up to 30 days in advance are possible under a new change in the Air Force 'Space A' Lodging policy. Art Myers, Director of Air Force Services, announced the change recently while addressing members of the Air Force Retiree Council during the annual meeting at Randolph Air Force Base, Texas. He explained that the policy change, long backed by the Council, is effective immediately.

Lodging managers at each base may accept and confirm reservations for Priority 2 (Space Available) up to 30 days in advance of the arrival date, for up to three-night accommodations, space permitting based on actual and projected occupancy. When projected occupancy is 86 percent or greater, managers may make reservations up to three days in advance; when 85 percent or less, up to seven days in advance;

when 80 percent or less, up to two weeks in advance; when 65 percent or less, up to 30 days in advance.

Garage Sales

There will be a garage sale at 3146 B Tiger St. Saturday from 8 a.m. to 4 p.m.

Chapel Schedule

Catholic services held at Chapel 2:

Daily Mass, 11:30 a.m. Monday-Friday
Reconciliation (before Saturday Mass or by appointment)
Saturday Mass, 5 p.m.
Sunday Mass, 9:30 a.m.
Religious Education, 11 a.m. Sunday.

Protestant services at Chapel 1:

Communion service, 9:30 a.m., Chapel 1
Religious Education classes, 9:30-10:30 a.m. in Bldg. 1476
General Protestant service, 11 a.m., Chapel 2.



Isaac Gibson

Blessed bikes

Brig. Gen. Larry New, 325th Fighter Wing commander, leads a parade of motorcyclists to Heritage Park after the "Blessing of the Bikes" ceremony during 'Safety Day' here May 28. The "Parade of Bikes" was held to promote camaraderie and boost awareness of motorcycle safety.

Eagles soar over Chiefs during annual game



Photos by Steve Riddle

Col. Martin Sayles, 325th Mission Support Group commander, nails one deep to the outfield for the Eagles during the Chiefs – Eagles softball game May 28 at Heritage Field. The Eagles went on to win 18–13. The game was part of the base ‘Safety Day’ festivities held at Heritage Park.

STEVE RIDDLE

325th Services Squadron publicist

The Eagles soared May 28 at Heritage Field, defeating the Chiefs 18–13 in this year’s Chiefs-Eagles Softball Game.

Brig. Gen. Larry New, 325th Fighter Wing commander, led a team made up of various group and squadron commanders from Tyndall against base chief master sergeants in the 16th game of the series, which began in 1984.

Although the Chiefs have enjoyed the taste of victory 12 of the 16 games, they couldn’t stand up against the Eagles scoring onslaught this year.

The Chiefs had trouble getting started in the first inning, going three-up, three-down. The Eagles were able to put together a string of hits in the first that was good for four runs. They shut down the Chiefs again in the second and tacked on four more in the second to lead 8–0 at the end of two innings.

The Chiefs’ bats woke up in the third, and a five run rally ensued. Good Chief defense made the game 8–5 at the end of three.



(From left) Brig. Gen. Larry New, 325th Fighter Wing commander, accepts the Chiefs-Eagles trophy from Chief Master Sgt. Richard Cargill, 325th Fighter Wing command chief, following the Eagles 18-13 win over the Chiefs.

Both team’s defense emerged in the fourth, making for a scoreless inning. In the top of the fifth, the Chiefs jumped out to their first lead of the game, adding another four runs to go up 9–8. But the Eagles came back strong in the bottom of the inning with a five-run rally started by Col. Martin Sayles 325th Mission Support Group com-

mander that put the commanders up 13–9.

The sixth inning saw the Chiefs add two more runs, but the Eagles exploded for five more to make the game 18–11. The Chiefs were only able to add two more to their score, not enough to catch the Eagles.

The Chiefs still lead the overall series 12–3, with one tie.

Tyndall Enlisted Club revs up with new NASCAR program



Steve Riddle

Amanda Eriksson, Sports Page Pizza Pub manager, puts a finishing polish on the new replica NASCAR hood from the Wood Brothers Racing #21 Ford Taurus, sponsored by the United States Air Force. The hood will be given away July 25 during the New England 300 NASCAR race, which will be shown at the Pizza Pub. Another hood just like it will also be given away at the Tyndall Enlisted Club the same day.

STEVE RIDDLE

325th Services Squadron publicist

Beginning Sunday, the Sports Page Pizza Pub and the Tyndall Enlisted Club are giving NASCAR fans a chance to enjoy the upcoming races and win prizes, including a trip for two to the final NASCAR race of the 2004 season at Homestead-Miami Speedway in Miami.

Two replica front hoods from the Wood Brothers Racing #21 Ford Taurus driven by veteran NASCAR racer Ricky Rudd are also up for grabs. The hoods are autographed by members of the Wood Brother’s Racing team. Hoods will be given away July 25 at the Pizza Pub and at the E’ Club. The United States Air Force is one of the car’s major sponsors.

The AETC program begins Sunday with the MBNA 400 from Dover International Speedway, and concludes July 25 with the New England 300 at New Hampshire International Speedway. The NASCAR season runs until Nov. 21, but AETC is using the next seven races to see how well the program is received.

“Our command is starting a pilot program for NASCAR fans that will last about two months,” explained Amanda Eriksson, Sports Page Pizza Pub manager. “If it goes well, then we may

have it for the whole season next year.”

“At the end of each race, there will be two big bonus prizes too,” Ms. Eriksson added. “They are gift certificates to be used on the NASCAR web page. The first one is worth \$150, and the second is worth \$100. Each person who wins one of these prizes will be eligible to compete for the grand prize trip to the final race of the year.”

The contest is open to any Air Force club member, and there are plenty of chances to win.

“When they first get here, they get an entry form to sign,” Ms. Eriksson said. “Then, every 15 minutes after that, they can get another entry form. Any food purchase of \$4 or more earns another entry form. At the end of each race, we’ll draw for the prizes.”

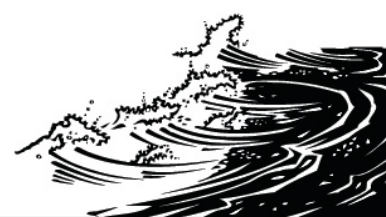
Ms. Eriksson said the program should help sales at the Pizza Pub and E’ Club, but the real reason for the program is to provide another program for the troops of the base.

“We’re having this program to show our appreciation to all of our military troops and give them a place to relax, enjoy the NASCAR races, and win prizes.”

For more information, contact the Pizza Pub at 283-3222 or the Tyndall Enlisted Club at 283-4146.



Funshine NEWS



June 4, 2004

www.325thservices.com

All Ranks Lunch

at the Officers' Club

Mon.-Thurs.: \$6.95 ■ Friday: \$7.95
11 a.m.-1 p.m.

Unlimited access to the daily buffet, salad bar,
fountain soda, tea & coffee!

Includes Fresh, Hot, Carved Meat
Sandwiches on Kaiser Roll

Monday	Chef's Choice
Tuesday	Italian
Wednesday	Oriental
Thursday	All American
Friday	Seafood

*Members, show your club card to receive a \$1 discount!

Crazy Cash Give-away at the O' & E Clubs Fridays during Social Hour.

Jackpot starts at \$100. The first member name
drawn is for the jackpot. If there is no winner
\$25 will be added to next week's
jackpot (max. \$500). Once the name is
drawn the winner has 5 minutes
to claim their prize. If the winner fails to
claim their prize a second drawing will
be held from bar receipts for \$25.

283-4357 for details

Air Force Club Scholarship Program



First place
is \$6,000

Entry deadline
is July 15.

Six scholarships will
be awarded to AF
Club members or
their eligible family
members.

Applicants must be accepted by, or enrolled in, an
accredited college or university graduate or
undergraduate program by fall of 2004. Information
packages with complete instructions and
requirements are available from the business office
Tyndall Officers' Club.

283-4357

for more information

Sponsored in part by:

Bank One, Coca Cola and Master Card.
No federal endorsement of sponsors intended.

Tyndall Enlisted Club

Laugh & Party Weekend

Starring from HBO DEF Comedy Jam & BET Comic View:

Friday, June 18, 2004

283-4357

Sherman Golden & Dexter Tucker

Advance tickets for members \$12.00

Advance tickets for non-members \$15.00

Skills Development Ctr.

☎ 283-4511

Youth Arts & Crafts Summer Camp

Fee is \$10 for three days (Tues.-Thur.) 1-3 p.m. Fee
includes summer camp t-shirt and supplies to make a
different art project per day. Agenda: June 15,
Orientation tour of the facility with an embroidery
machine demonstration. Students will design their own
t-shirt. June 16, Students will construct bookends in
the wood shop. June 17, Students will design their
own print and learn to frame the print properly in the
frame shop. The camp is open to children 8 yrs. and
older. Max. of 8 per session. Must register by June 8.
If you cannot attend all three days, you may register
for one of the days. Cost is \$5 per day.

Open House

June 9. 1-6 p.m. Visit the Skills Development Center
and learn about the different products and services
offered in our multi-craft facility. Discounts will be
offered in every shop to include half price on auto lifts,
wood shop usage fees ceramic kiln fees and engraving
fees. Parents & children can clean and paint a
ceramic green-ware piece together for half price from
2-4 p.m. A drawing will be held for a free pontoon
rental from Bonita Bay Outdoor Recreation (not
including fuel). Drop your cash register receipt
into the drawing bin from a purchase made any
time on June 9 for a chance to win.

Bonita Bay

☎ 283-3199

Base Pool Info:

Lap swim 6-8 p.m., 11-11:30 a.m.; 5-6:30 p.m.,
Tues.-Fri.: FREE. Open swim Wed - Sun. 11:30
a.m. - 6:30 p.m. Pool passes: \$40 per person,
\$5 for each additional person up to 3 & free to
all other family members from the same family.
30 punch card for \$25 or \$1.00 per day.

Water Aerobics

Back by popular demand. Tuesdays &
Thursdays: 11:30 a.m.-12:30 p.m. & 6:30-7:30
p.m., Wednesday: 6:30-7:30 p.m., Saturday 6-7
p.m. Shallow water is low impact. Deep water is
no impact on the body. Check for prerequisites
with Denise at butts_n_guts@hotmail.com
Personal water aerobics training is also available
for \$15 per half hour. Payments must be made
at Bonita Bay.

NCOIC Needed

NCOIC needed for highly visible Base
Honor Guard program. Minimum
requirements:

1. Must be a SSgt or above and have
complete 7-level training.
2. Must possess 16 months retainability.
3. Must have experience with Microsoft
Word, Power Point and Excel.
4. Must present a positive personal image
and possess the ability to brief upper
echelons of military and civic leaders
alike.
5. Experience in Honor Guard preferred,
but not required. Use the targeted resume
format from the Tongue and Quill and turn
in to the OIC, 2 Lt Carolyn Czepiga,
X1108, NLT Jun 16. A selection board will
be held the week of June 21-25 and
results will follow soon after. Training/Start
date for the position is tentative for July 1.

Sealed Bid NAF Vehicle Sale

1987 Ford Step Van
43,345 miles. Minimum Bid \$800.00
Location 113 Suwannee Ave.
Behind Bldg. #1129
Sold as is - Bids will be accepted until
June 10, 2004 - 4 p.m.
POC: Robert Davison Rm. 12 3-4794

Marina Club

☎ 283-3059

Best Salad Bar on Base

All you can eat with soft drink \$5.95.

Social Hours

Every Friday evening from 5:30-7:30 p.m.
followed by a club card drawing for cash.
(Must be present to win.)

Fitness Center

☎ 283-2631

Fit to Fight Beach Run

June 8. FREE 1.5 miles
Gather at beach pavilion at 5:45 a.m. Run
begins at 6:00 a.m.
(Must be present to win.)

34th Annual Panama City Open at the Tyndall Marina Club

Spearfishing Tournament

June 18-20, 2004

Important Dates & Times:

Register/Mandatory Safety Meeting: 6:30 p.m., June 17, 2004 (This is mandatory for all competitors.)
Competition: 6 a.m., June 18 - 12 p.m., June 20 • Weigh-ins: June 18 & 19, 5-8 p.m., June 20, 9 a.m.-
noon Only those divers who have notified the weigh master in person and are waiting in line at the
cutoff time to weigh fish are eligible. Awards Ceremony will follow the last weigh-in when scores are
tabulated. Fish Fry: Starts at 11 a.m. on Sunday (Open to the Public)

For more information call: **283-3059**

NASCAR Pilot Program

June 1 - July 25 Weekly Cash Prizes
Races will be viewed at the Pizza Pub &
E' Club June 6, 13, 20, 27 and
July 3, 11 & 25

Prizes for participation will be given at each
event. Must be a current AETC Club Member
to win. Grand Prizes: First place prize is a trip
for two to attend the Ford 400 race on Nov.
21, 2004 at Homestead-Miami Speedway.
It includes airfare, hotel accommodations,
rental car and tickets to the race. 2nd place
is \$500 and 3rd place is \$250 to purchase
from the NASCAR website.

Youth Center

☎ 283-4366

Start Smart Soccer

Score a goal and sign your 3-5 year old up for
Start Smart Soccer. Work one-on-one with your
child developing basic skills. The program dates
are June 5, 12, 19, 26 at 9 a.m. Cost is \$30.
Call Andy at 283-4366 for more information.

Volleyball Clinic

June 21-24 for ages 10-16 yrs. Cost is \$10 and
includes T-shirt, open to the first 18 to sign-up.

Surf's Up

Schedule a class and learn basic techniques
and ocean awareness in a safe environment.
Classes are held at St. Andrews State Park and
transportation is provided. Cost is \$40 per 2
hour session.

MLS Soccer Camp

July 19-23. Open to youth ages 4-18 yrs. Cost
is \$45 for 4-6 yr. olds and \$65 for everyone
else. Campers receive a MLS ball and T-shirt.
Applications are currently available at the
Exchange Mall and the Youth Center.

Pelican Point Golf Course AETC Youth Golf Clinic

June 7 & 21, July 12 & 26

Each session - Monday, Wednesday, Friday
For 2 weeks each

2 Sessions per day 8 & 9 a.m.

Cost: \$59.95 first time participant

\$30 repeat participant

Total value: \$185.00 worth of clubs, bag,
hat, shirt, instruction booklets, bag tags,
and tournament

Sign-up: No later than 14 days

before clinic starts.

Call the Golf Pro Shop for
more information: 283-4389



2004 Muscle Beach Bench Press and Powerlifting Competition

June 5 Weigh-Ins begin at 9 a.m. Competition begins at 10 a.m.

Participants must be 16 year of age or older.

Participants must register by June 3

The competition is open to all Active Duty, Reservists,

DoD employees, Government Contractors, Retirees and family member.

For details call: **283-2631**

Tyndall AFB, Florida

Want to keep up with "What's Happening" at Tyndall? Send us your email and we will add you to our weekly mailing. whats.happening@tyndall.af.mil

● **FROM SAFETY PAGE 4** ber of suicides during the first half of this year. In AETC alone we have had to face the heartbreak of six self-inflicted deaths during the past six months.”

The commander urged the members of the command to be attuned to the warning signs of suicide and to remain vigilant.

“You must have the personal courage to offer compassion, understanding and advice when confronted with a teammate who is having difficulty,” he said in the video. “You must take personal responsibility to confront self-destructive behavior when you observe it in others, and you must lead these teammates to find life-enhancing solutions.”

In the summer of 2003, six people in AETC died in accidents. Five Airmen

were killed in vehicle accidents, and one died in an all-terrain vehicle mishap. Overall, the Air Force lost 37 Airmen to accidental deaths last summer, a significant rise over the 30 airmen who died in accidents Air Force-wide in 2002 and the 19 who died in 2001.

“The next five months are particularly hazardous because of the activities many of our people participate in,” General Cook said. “You cannot take the historical summer spike in personal injury and fatal accidents for granted. You must avoid complacency because accidents associated with summer activities are, for the most part, preventable. You must recognize the hazards and avoid behavior that puts you, your family, your friends and your Air Force

colleagues at risk.”

Everyone must completely understand the Operational Risk Management program and “live it,” the commander said. That means using education, training, supervision and technical order guidance to keep people safe.

“I charge each of you to continue to conduct our mission with the professionalism and esprit de corps you’ve demonstrated so courageously this past year,” the general concluded. “Pay attention to your gut instincts and at all times strive to take care of each other. It is what Airmen do.”

People can view the video online at www.aetc.randolph.af.mil/pa/aetcs/May2004/052004194.wmv.

● **FROM INITIATIVE PAGE 1** colonels who would like to retire but who do not have the three-years time in grade previously required to do so are also in luck, officials said. Phase II reduces the minimum mandatory time in grade to two years for a limited number of eligible people.

The CJR program has returned for the first time since 1999. It serves a two-fold purpose, Colonel Hayden said, helping draw down the force and balance career field numbers at the same time.

“Now is a good time to use this tool again,” Colonel Hayden said. “Airmen in overage career fields, coming up on their first re-enlistment, are offered an opportunity to retrain into a shortage career field. If they choose not to retrain, they have the opportunity to transfer to Palace Chase, apply for civil service, join the Army or separate.”

“In Phase II, we have more flexibility in

managing each (career field) by year group than we had in Phase I,” General Spiegel said. “We will consider applications according to the manning health of the member’s specialty by both the year group and the grade (for officers) or skill level (for enlisted).”

Because of this change, a greater percentage of applications will be approved in Phase II, officials said.

Additionally, as part of Phase II, enlisted accessions will drop by about 11,000 to reach authorized end-strength levels by the end of fiscal 2005.

Thus, about 24,000 new recruits will join the Air Force rather than 35,000 as originally planned, officials said.

“This accession cut would occur for one year only,” said Maj. Gen. Peter Sutton, director of learning and force development at the Pentagon. “Then we will resume normal accession rates.”

For more information, contact:

- Military Personnel Flight Separations:** Staff Sgt. Richard Page 283-8388
- Air National Guard:**
 - In Florida: Master Sgt. Dave Oakes at 283-5499
 - Outside Florida: Master Sgt. William Andujar at 283-5499
- Air Force Reserve:** Master Sgt. Randi Baum at 283-8384
- Career Assistance:** Senior Master Sgt. Jeff Kahapea at 283-2222

● **FROM BASOM PAGE 7** worked hard to create realism while testing the wing’s readiness level applying fake wounds, known as moulage, to more than 30 simulated victims for six mass casualty exercises. As the most junior member to the readiness training cadre, her skills were vital in getting 135 medics ready for their air expeditionary force commitments.

When told about her outstanding achievement, Sergeant Basom couldn’t hold back her emotions. “I got tears in my eyes; I was astounded,” said Sergeant Basom. “It seems like it was all a blur, but 2003 was a phenomenal year.”

With so many critical duties it’s hard to imagine having time for anything else, but Sergeant Basom made time. She completed nine semester hours toward her Community College of the Air Force degree, a hospi-

tal trauma course, pre-hospital trauma life supporter certification, 110 continuing education hours for Emergency Medical Technician recertification and Airman Leadership School.

Staff Sgt. Basom said the highlight in last year’s training experiences included a special temporary duty with the Baltimore, Md., fire, rescue and medical crews where she experienced life as a trauma technician first hand. She attributes much of her success professionally to good leadership.

“I have a good supervisor, Tech. Sgt. James Melton, who made sure I knew about the opportunities available to me and kept me motivated,” said Sergeant Basom. “If not for him, I wouldn’t have had this recognition.”

Sergeant Basom’s motivation came from more than her career, she also spent many hours in sup-

port of organizations such as Active Airman Against Drunk Driving, the local Multiple Sclerosis Foundation, visiting nursing homes, and supporting the unit booster club.

But it doesn’t stop there; her life continues to be full of opportunities to help others.

Sergeant Basom and her husband, Staff Sgt. Joseph Basom, a weapons specialist with the 1st Fighter Squadron, recently became foster parents, increasing their household from two to four children.

“If you have the ability to do something for somebody, you should do it,” said Sergeant Basom, concerning her personal and professional philosophy.

“It’s very fulfilling. I enjoy helping people, especially the actual patient care when someone is sick; you intervene and make positive change.”

